



BEST PRACTICES CLEARINGHOUSE

- Lessons from the Field -

Enhancing Student Nutrition and Physical Movement in America's Schools

APRIL 12, 2023
3:00-4:30 PM ET



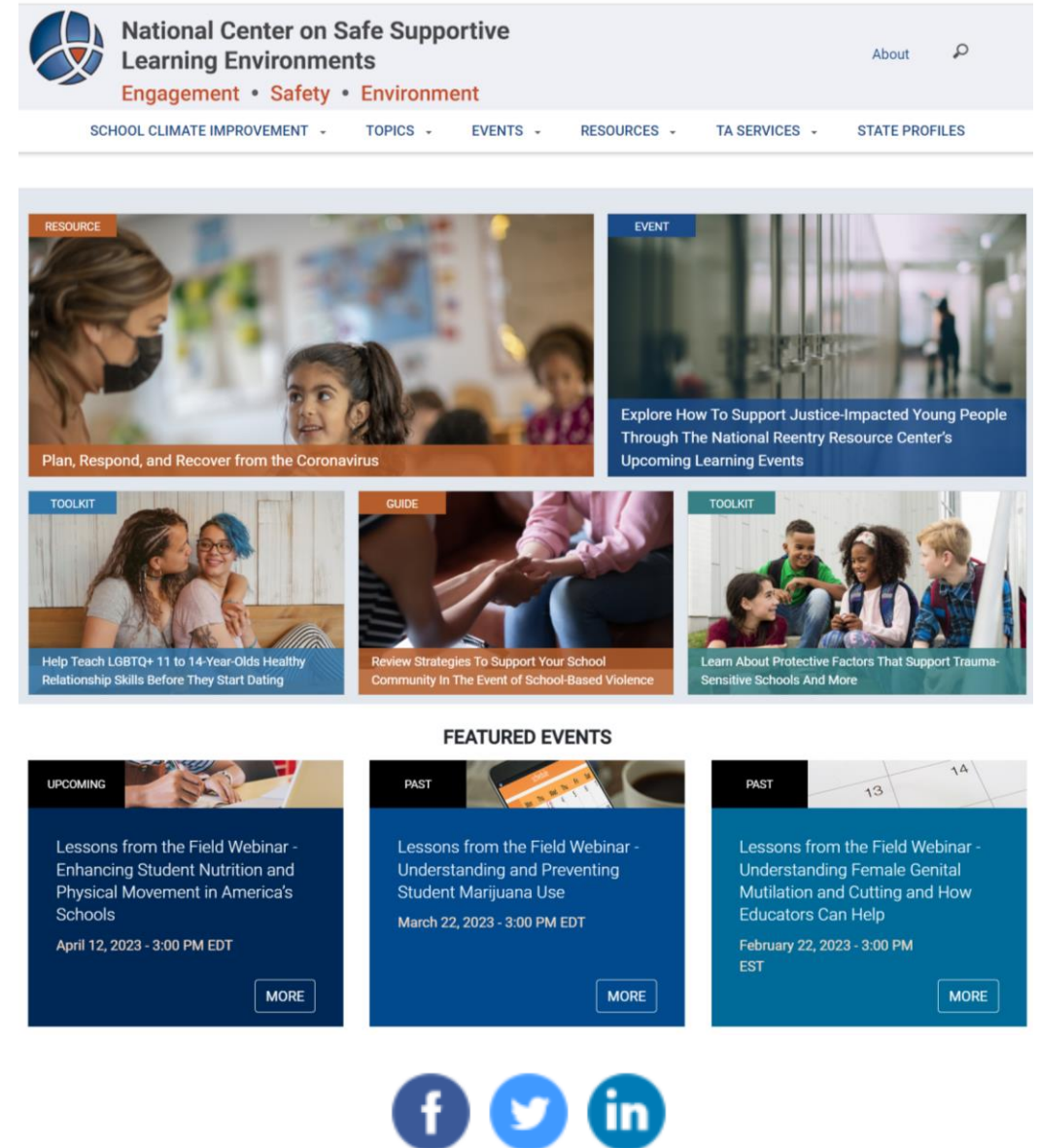
The content of this presentation does not necessarily represent the policy or views of the U.S. Department of Education, nor does it imply endorsement by the U.S. Department of Education.

NCSSLE Website

[HTTPS://SAFESUPPORTIVELEARNING.ED.GOV](https://safesupportivelearning.ed.gov)



To access information and archived materials from previous Lessons from the Field webinars, go to:
<https://safesupportivelearning.ed.gov/lessons-field-webinar-series>



This webinar is being recorded and will be archived at the following location:

[Lessons from the Field Webinar - Enhancing Student Nutrition and Physical Movement in America's Schools](#)



Agenda

- 1) Introduction and Logistics
- 2) Welcome
- 3) Context Setting
- 4) Student Nutrition and Nutrition Practitioner Panel
- 5) Student Physical Movement and Movement Practitioner Panel
- 6) Closing Remarks
- 7) Live Q&A

Meet Our Speakers

Dr. Sarah Sliwa

Health Scientist, CDC Healthy Schools, Division of Population Health, Centers for Disease Control and Prevention (CDC)

Katey Halasz

Nutritionist, Nutrition Education and Promotion Branch, Food and Nutrition Service, Child Nutrition Programs, U.S. Department of Agriculture (USDA)

Jeff Murrie

Farm to School Coordinator, Florence One Schools, Briggs Elementary School (SC)

Laura Beckmann

Consultant for Training and Technical Assistance, Missouri Department of Elementary and Secondary Education (MO)

Audra Walters

Senior Manager, Healthy Schools, SHAPE America

Dr. Ellen Essick

Section Chief, NC Healthy Schools, NC Department of Public Instruction (NC)

Demetrius Napolitano

Founder and CEO, Fostering Meditation (NY)

Bios for the speakers are archived at the following location:

[Lessons from the Field Webinar - Enhancing Student Nutrition and Physical Movement in America's Schools](#)



BEST PRACTICES CLEARINGHOUSE



Carlette KyserPegram

EDUCATION PROGRAM SPECIALIST
OFFICE OF ELEMENTARY AND SECONDARY EDUCATION
OFFICE OF SAFE AND SUPPORTIVE SCHOOLS
U.S. DEPARTMENT OF EDUCATION



BEST PRACTICES CLEARINGHOUSE



Dr. Sara Sliwa

HEALTH SCIENTIST
CDC HEALTHY SCHOOLS
DIVISION OF POPULATION HEALTH
CENTERS FOR DISEASE CONTROL AND PREVENTION

ssliwa@cdc.gov

Whole Sch

Whole Child



Healthy students are better learners.

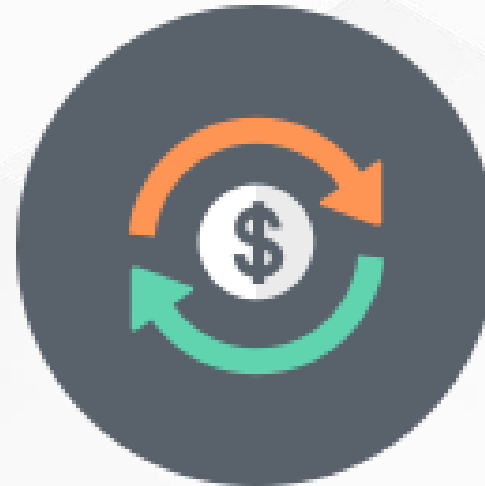
School Health Branch: How we work



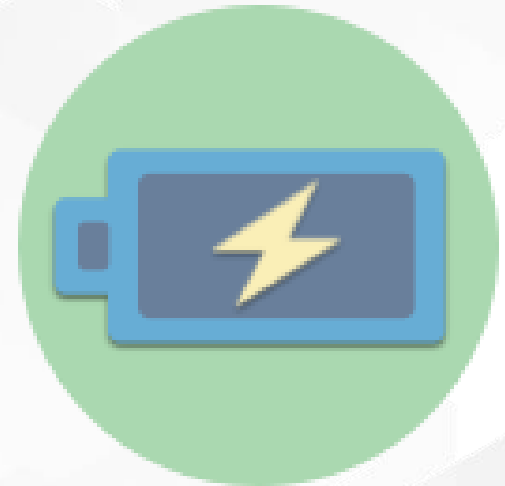
Research
Synthesis
Evaluation



Translation



Funding &
Support



Training
Professional Dev.
Tech. Assistance



collaboration

Nutrition Environment and Services: Learning about and trying nutritious foods



[School Nutrition Environment | Healthy Schools | CDC](#)

PHOTO CREDITS: USDA

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION



Physical Education and Physical Activity: Opportunities for movement throughout the school day



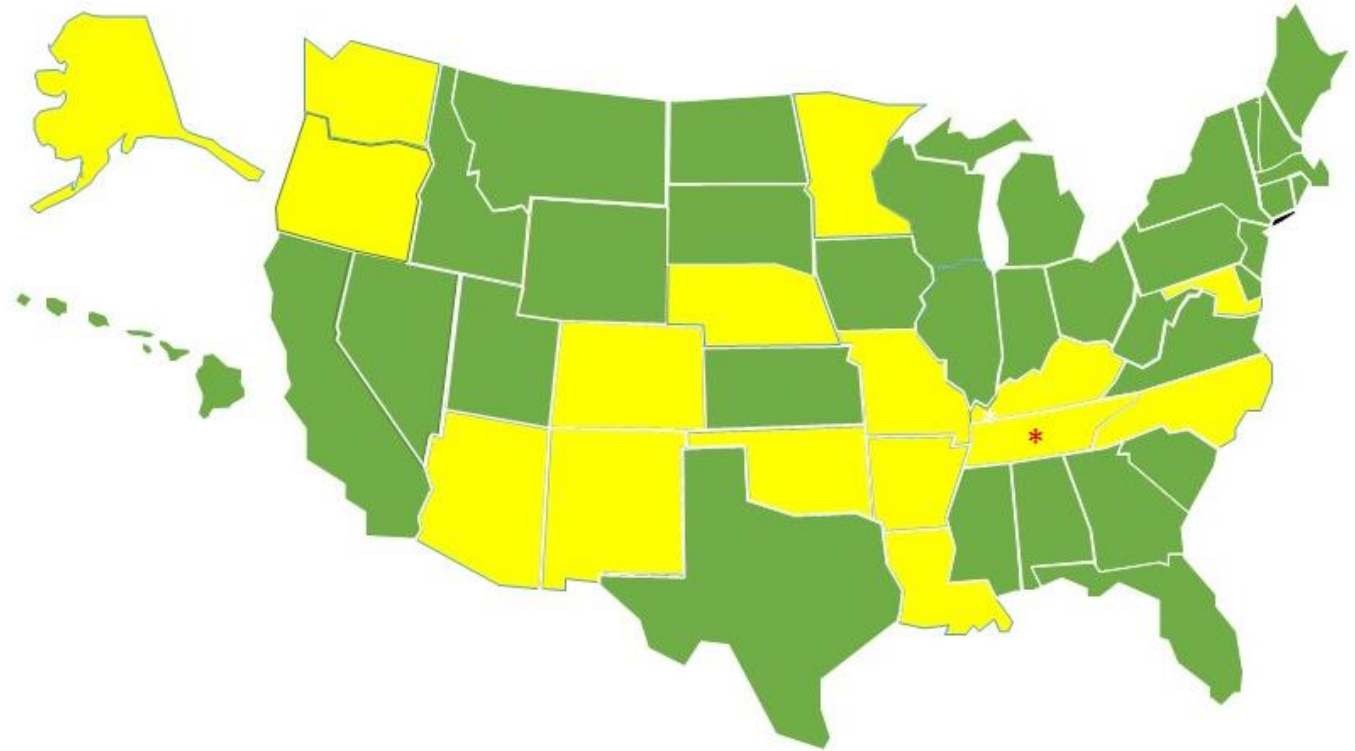
[Physical Education and Physical Activity | Healthy Schools | CDC](#)

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION



CDC Healthy Schools Funded Programs

Alaska, Arizona, Arkansas, Colorado, Kentucky, Louisiana, Massachusetts, Minnesota, Missouri, Nebraska, New Mexico, North Carolina, Oklahoma, Oregon, Tennessee and Washington





SCHOOLS CAN OFFER SAFE AND APPEALING OPPORTUNITIES TO BE PHYSICALLY ACTIVE & EAT NUTRITIOUS FOODS

<https://sde.ok.gov/safe-and-healthy-schools/project-switch>



Minnesota Healthy Schoolyards: <https://www.tpl.org/our-work/minnesota-healthy-community-schoolyards>

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION



MO Healthy Schools: <https://bit.ly/3qRMojy>



< CDC Healthy Schools



CDC Healthy Schools
Healthy Students, Ready to Learn

What's New

[Healthy and Supportive School Environments](#)

[Healthy Eating in School and at Home](#)

[Stories of Achievement](#)

Key Resources

Parents for Healthy Schools

School Health Index (SHI)

Wellness Policy in Action Tool

cdchealthyschools@cdc.gov
[Healthy Schools | CDC](#)



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



USDA Food and Nutrition Service

.....

Katey Halasz, MPH, RD



The Team Nutrition Initiative

Supports the Child Nutrition Programs by:



1

Developing nutrition education resources to help children make healthy food and physical activity choices as part of a healthy lifestyle

2

Providing training and technical assistance for child nutrition professionals to enable them to prepare and serve nutritious meals that appeal to participants

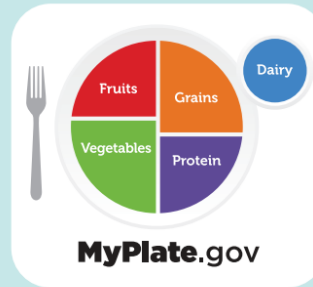
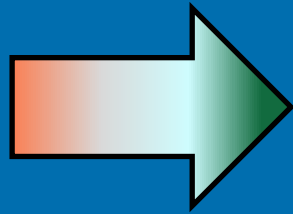
3

Providing technical resources to support healthy school & childcare environments

Nutrition Education Tools



Translating the DGAs to Consumers



Small Changes Matter.

Start Simple
With MyPlate Today.



United States Department of Agriculture

www.MyPlate.gov



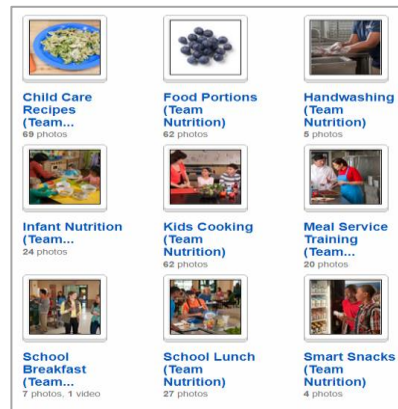
Kindergarten



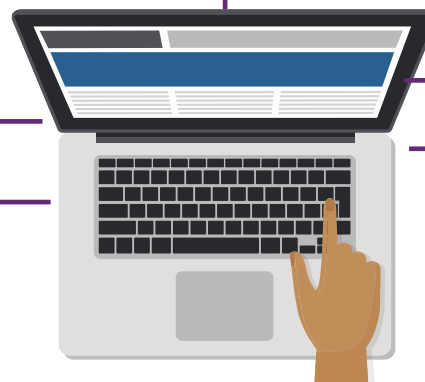
Grades 1-6



Grades 6-8



Photos and Posters



TeamNutrition.USDA.gov

School Breakfast Quiz

Want to be your best at breakfast?



Web Quizzes

Local School Wellness Policies

*Working Together to
Create Healthy School
Environments*

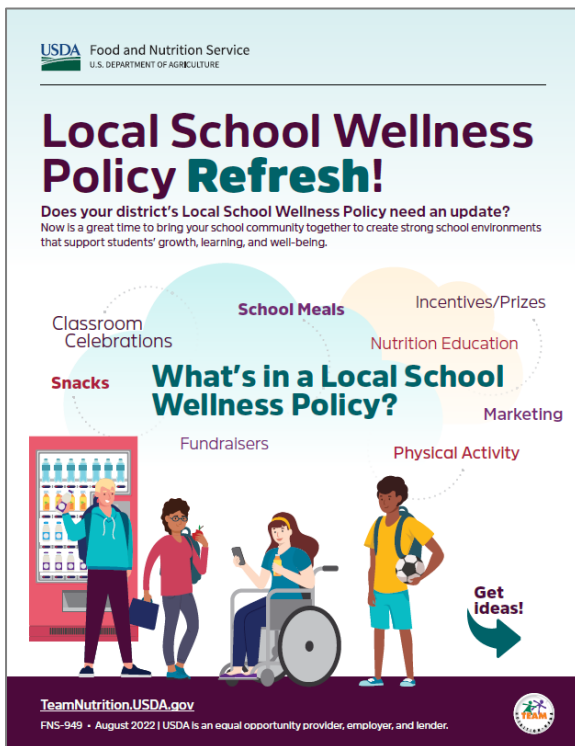


What Is a Local School Wellness Policy?

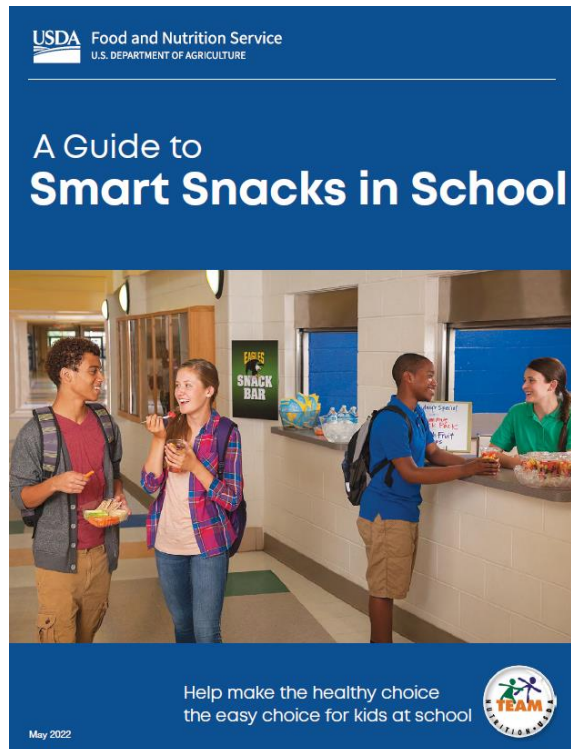
A written document that guides a local educational agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.



Local School Wellness Policy Resources



Infographic



A Guide to
Smart Snacks in School



Outreach Toolkit

Accessing Team Nutrition Resources

Search for resources by **audience** and access materials from the online **Order Form** on the Team Nutrition website:

🖱️ **TeamNutrition.USDA.gov**

FREE!

- State agencies, sponsoring organizations, and operators can order print copies.

- For bulk orders, email:
TeamNutrition@usda.gov



The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo, "Food and Nutrition Service", "U.S. DEPARTMENT OF AGRICULTURE", and links for COVID-19, CONTACT US, REPORT FRAUD, ASK USDA, and USDA.GOV. The main navigation bar has links for HOME, DATA & RESEARCH, GRANTS, NEWSROOM, RESOURCES, OUR AGENCY, and PROGRAMS, along with a search bar. The main content area features a large image of a young girl smiling while reading a book, with the text "Team Nutrition" overlaid. Below this is a breadcrumb trail: "PROGRAMS > TEAM NUTRITION". The section title is "Fueling Children's Healthy Growth, Learning, and Play". The description states: "Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the child nutrition programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity." There are two buttons: "About Team Nutrition" and "Order Team Nutrition Resources", with the latter highlighted by a red border. To the right of the text is a circular logo with the word "TEAM" in large orange letters, and "NUTRITION • USDA" around the perimeter, with stylized figures of children playing. At the bottom, a green bar contains the text "I am a..." followed by four icons and labels: a school icon for "School", a child care icon for "Child Care Organization", a group of people icon for "State Agency", and a link icon for "Partner".



Grant Opportunities & Recognition Awards

.....

FY 2023 Team Nutrition Grant

Supporting Nutrition Education for School-Aged Children



Goal

- Facilitate the adoption of healthy eating patterns by school-aged children (grades Pre-K-12) and their families through the coordination and implementation of *MyPlate* nutrition education connected to the nutritious meals and snacks offered through USDA Child Nutrition Programs.

Eligible Applicants

- State agencies that administer the National School Lunch Program and/or Child and Adult Care Food Program At-Risk Afterschool Meals and Outside-School-Hours Care Center (OSHCC)
- School Food Authorities (SFA)
- **NOTE:** SFAs may only apply if their State agency is not applying

Award Amount

- Up to \$1 million per State agency or SFA.

Key Dates

- **Application Deadline:** May 22, 2023
- **Anticipated Award Announcement:** August 2023



www.grants.gov/web/grants

Healthy Meals Incentives (HMI) Initiative

Improving the nutritional quality of school meals with innovative ideas, best practices, training and food systems transformation.



**Recognition
Awards**



**Grants for
Small/Rural
School Food
Authorities (SFA)**



**Healthy Meals
Summits**



**School Food
System
Transformation
Challenge Sub-
Grants**





Proposed Updates: School Nutrition Standards

.....

Proposed Nutrition Standards

Proposed Rule



Added Sugars
Limit using a phased approach:

- **Phase 1:** Limits on specific high-sugar products like yogurt and cereal
- **Phase 2:** Overall weekly limits across all meals





Milk
Allow some* flavored milk with reasonable limits on added sugars.

* The proposed rule requests feedback on different options.





Whole Grains
Offer products that are primarily whole grain with the option for occasional non-whole, enriched grain products.





Sodium
Reduce weekly limits gradually and in line with FDA's recommendations for industry.



Comment By May 10th



www.fns.usda.gov/cn/proposed-updates-school-nutrition-standards

Community Eligibility Provision (CEP)

Participating schools provide breakfast and lunch at no cost to all students

Benefits include higher participation, no meal debt, decreased administrative burden for schools and families

Proposed Rule—Lowering the Threshold for Participation

Comment By May 8th



www.fns.usda.gov/cn/fr-032323

Thank you!



TeamNutrition.USDA.gov



[@TeamNutrition](https://twitter.com/TeamNutrition)



TeamNutrition@USDA.gov



USDA is an equal opportunity provider, employer, and lender.



United States Department of Agriculture



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Thank You & Stay Connected

Liz Campbell
Branch Chief, External Affairs
USDA Food and Nutrition Service

Elizabeth.Campbell2@USDA.GOV





Jeff Murrie

Farm to School Coordinator
Florence One Schools
Briggs Elementary School, SC

Meet Our Nutrition Panelists



Laura Beckmann

Consultant for Training and
Technical Assistance
Missouri Department of Elementary
and Secondary Education, MO



Program Highlight Briggs Farm



Schools

PROGRAM HIGHLIGHT

BRIGGS ELEMENTARY

Briggs Farm



BEST PRACTICES CLEARINGHOUSE



NUTRITION

<https://www.youtube.com/watch?v=iqBCfWsz4SI&t=10s>



[Growing Together \(google.com\)](https://www.google.com)





[Missouri Culinary Skills Institute | Health & Senior Services \(mo.gov\)](https://www.mo.gov/health-services)



<https://www.youtube.com/watch?v=11p6z3i2hAc>





Nutrition education

The goal of the Family Nutrition Education Program is to help participants make behavior changes to achieve lifelong health and fitness.

[Family Nutrition Education Program - Programs | MU Extension \(missouri.edu\)](https://missouri.edu/fnep)

Healthy Concessions

[Eat Smart, Play Hard Concession Stand Toolkit | MU Extension \(missouri.edu\)](https://missouri.edu/eat-smart-play-hard)

[Show Me Nutrition Curriculum, SMN100 | MU Extension \(missouri.edu\)](https://missouri.edu/show-me-nutrition)



**Missouri
Healthy
Schools**

<https://youtu.be/rPT-fw7DiP0>



Food Pantry educational materials

[Food Pantry educational materials | MU Extension \(missouri.edu\)](https://www.missouri.edu/extension/food-pantry-educational-materials)



<https://www.youtube.com/watch?v=Po1S-b8NFOQ>



www.rccfoodpantry.org



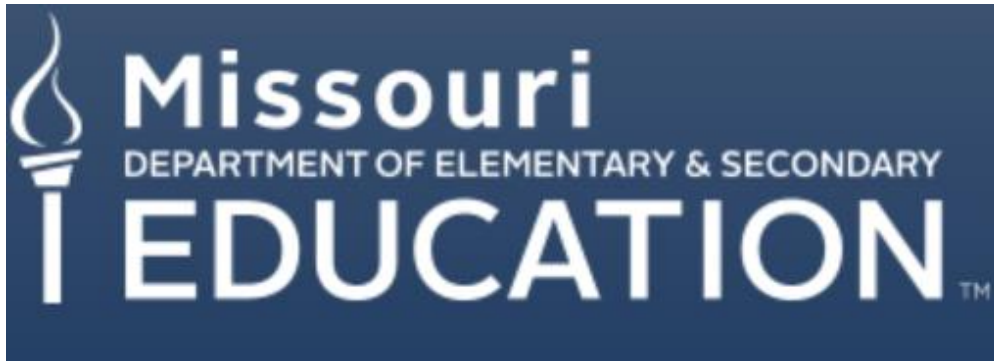
[Water Access | Healthy Schools | CDC](#)



[About Us - Operation Food Search](#)



[#OnTheMoveMO Impact of Husky Support Center/Ritenour Co-Care Food Pantry - YouTube](#)



[Wellness | Missouri Department of Elementary and Secondary Education \(mo.gov\)](https://www.mo.gov/Wellness)



[Missouri Healthy Schools | Missouri Department of Elementary and Secondary Education \(mo.gov\)](https://www.mo.gov/HealthySchools)

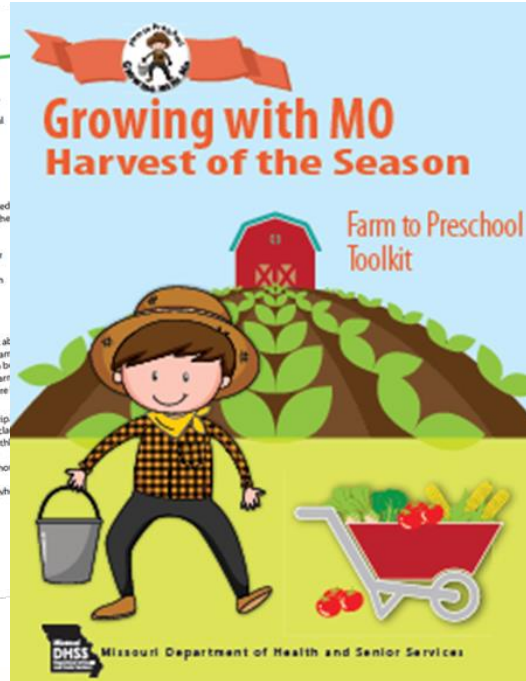
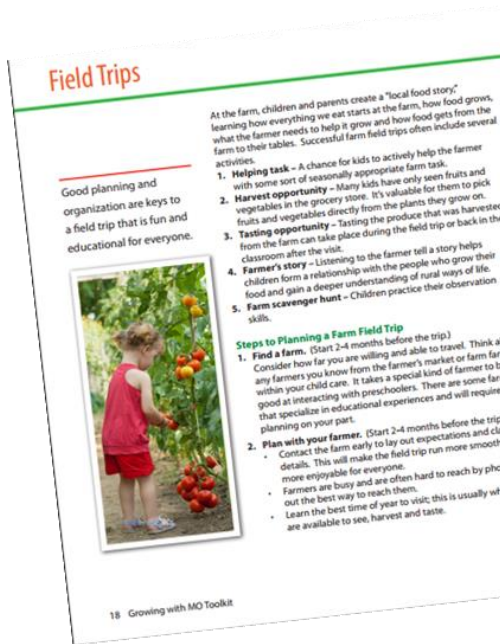
Whole School, Whole Community, Whole Child (WSCC) Model



[Whole School, Whole Community, Whole Child \(WSCC\) | Healthy Schools | CDC](https://www.cdc.gov/healthyschools/wsc/)

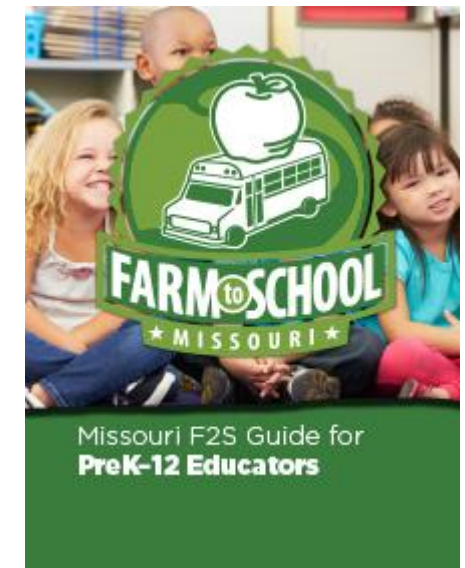


[SHI | School Health Index | Healthy Schools | CDC](https://www.cdc.gov/healthyschools/shi/)



Growing with MO Toolkit

- Farm to ECE Curriculum Resources
- Conducting a Taste Test
- Planning a Farm Field Trip
- In-Class Lesson Plan for Pre-Field Trip
- MO's Harvest of Books
- 22 Mini Posters



[Getting Started with Farm to School Gardens | MU Extension \(missouri.edu\)](#)

[Missouri Farm to School - Programs | MU Extension](#)



- Fruits and Vegetables;
- Tree nuts;
- Dried fruits.

<https://agriculture.mo.gov/abd/financial/promotespecialtycrops.php>



**FRESH
FRUIT &
VEGETABLE
PROGRAM**

[Microsoft Word - FFVPmanual_6-23-2011 \(azureedge.us\)](#)



ON THE MOVE MISSOURI



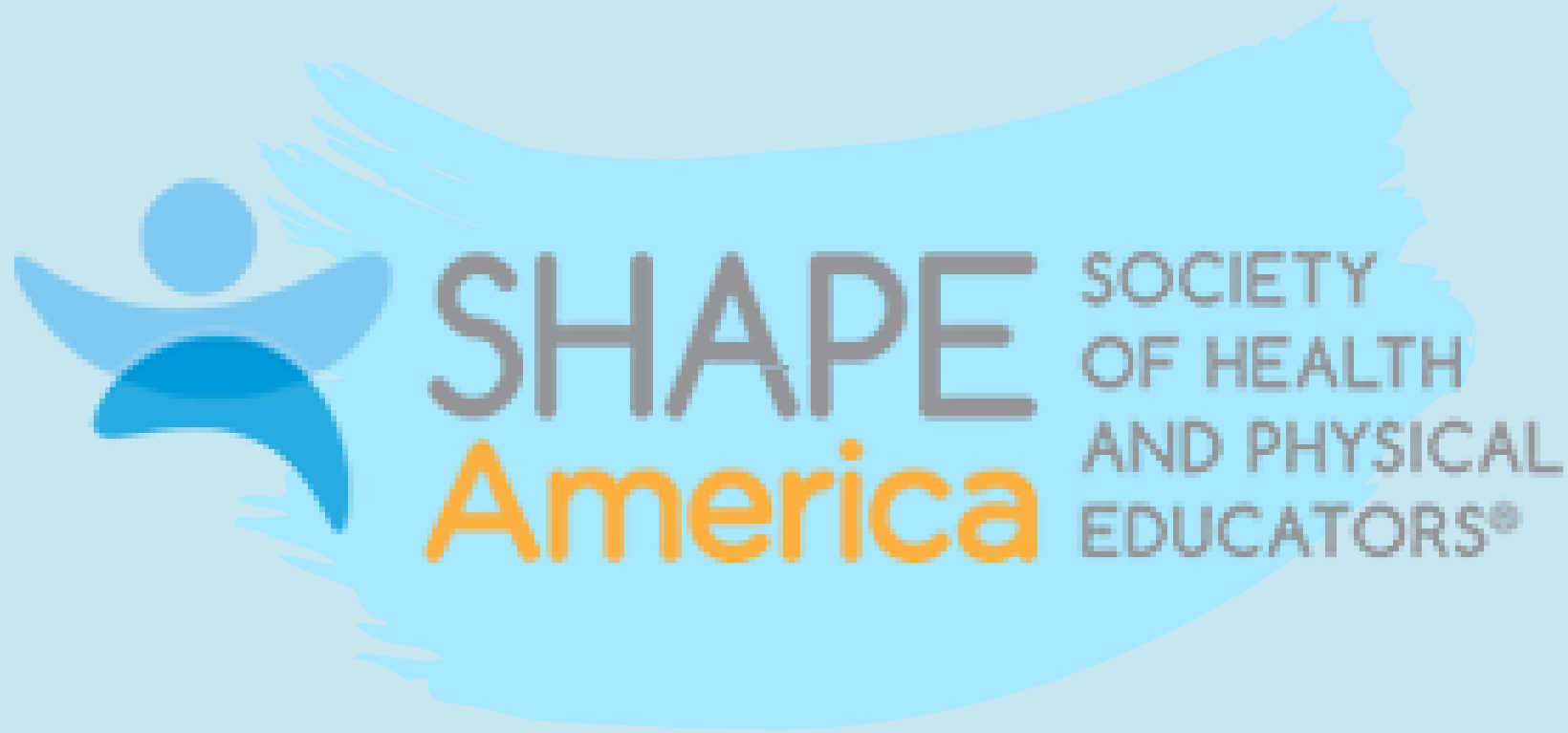


BEST PRACTICES CLEARINGHOUSE



Audra Walters

SENIOR MANAGER
HEALTHY SCHOOLS
SHAPE AMERICA



Enhancing Physical Movement in America's Schools

April 12, 2023

Physical Literacy:

The ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.



What's the difference?

- Physical education is an academic, skill-based class.
- Physical activity provides opportunities to apply skills learned in physical education.
- Students need BOTH physical education and physical activity to learn and apply skills. Without BOTH, students miss the opportunity to learn or practice these skills.

Physical Activity...



can be
structured or
unstructured



may include
any type of
movement



is led or
supervised by
any adult

Physical Education...



has lessons based on
National Physical
Education Standards
and Outcomes



is taught by a
teacher certified
in physical
education



has sequential
activities that are
designed to meet
outcomes

Both help...

the brain



- decrease stress
- increase academic performance

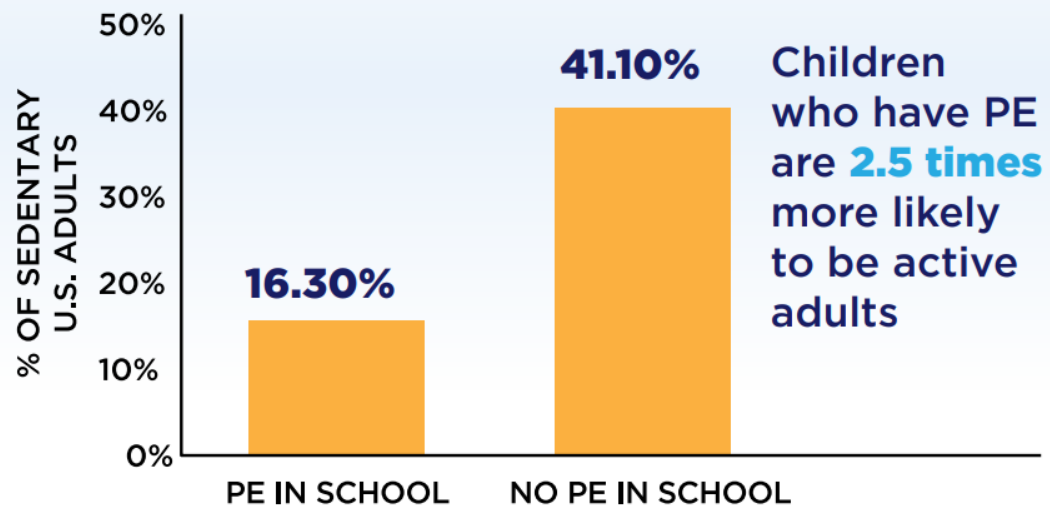
&

the body



- improve fitness level
- prevent injury and disease

PE in Schools and Long Term Effects



Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

Increases level of
physical activity

Improves grades
and standardized
test scores



Helps with
staying on-task
in the classroom

Improves knowledge,
skills, and confidence
for PA

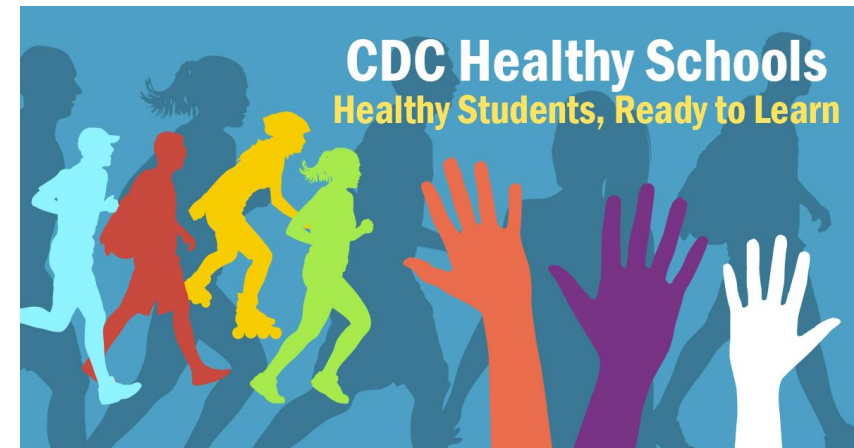
The Road to a Lifetime of Physical Activity

ELEMENTARY SCHOOL
Foundational skills,
knowledge & values

MIDDLE SCHOOL
Application of skills,
knowledge & values

HIGH SCHOOL
Lifetime-activities skills,
knowledge & values

COLLEGE/CAREER-READY
Physically active lifestyle





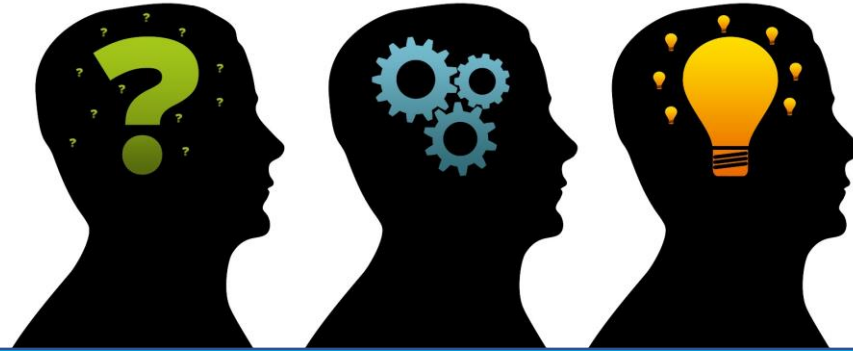
1. Create shared goals that recognize the importance and interdependence of all elements of a healthy school.



4. Provide healthy spaces to learn, play, and work for every student and educator.



6. Strengthen the knowledge of the interdependence between education and health among various stakeholders.



Find more resources at www.shapeamerica.org.

Contact me at awalters@shapeamerica.org.



Meet Our Movement Panelists



Dr. Ellen Essick
Section Chief
NC Healthy Schools
NC Department of Public Instruction, NC

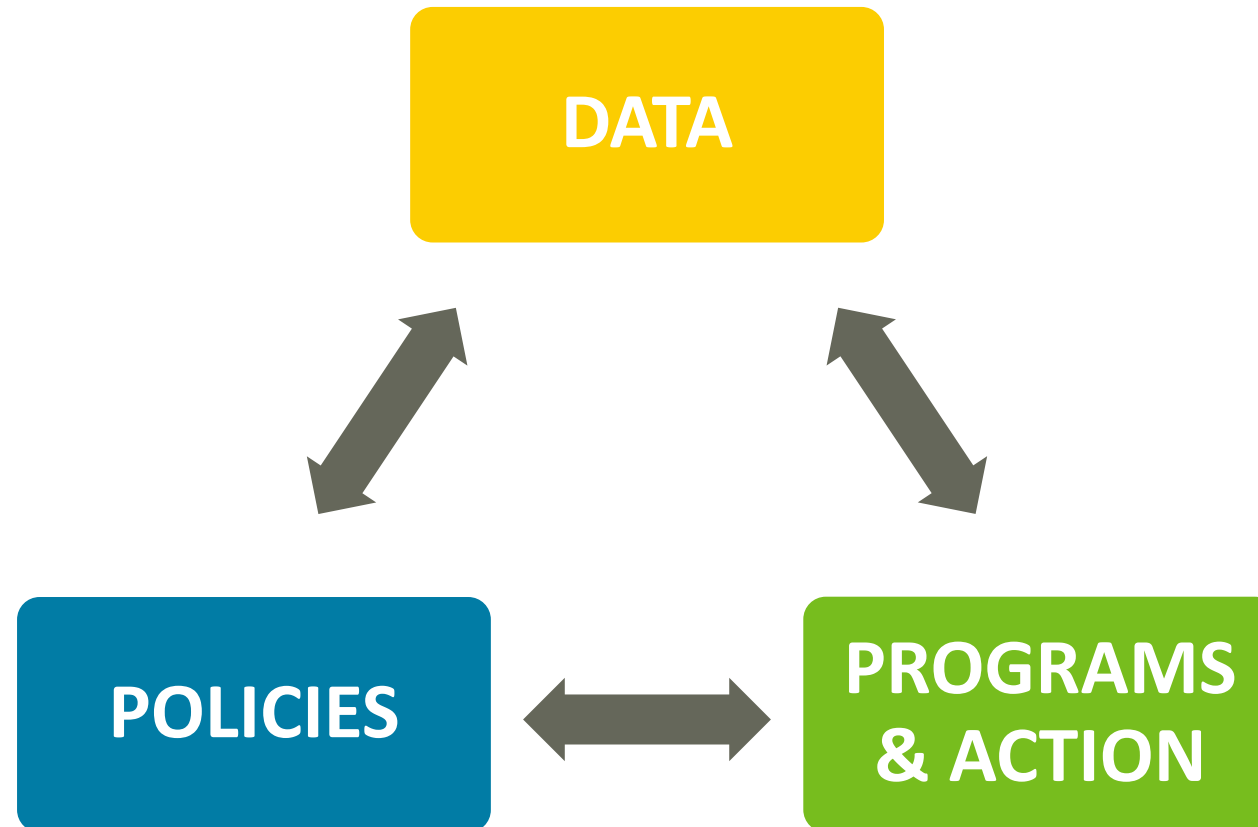


Laura Beckmann
Consultant for Training and Technical Assistance
Missouri Department of Elementary and
Secondary Education, MO

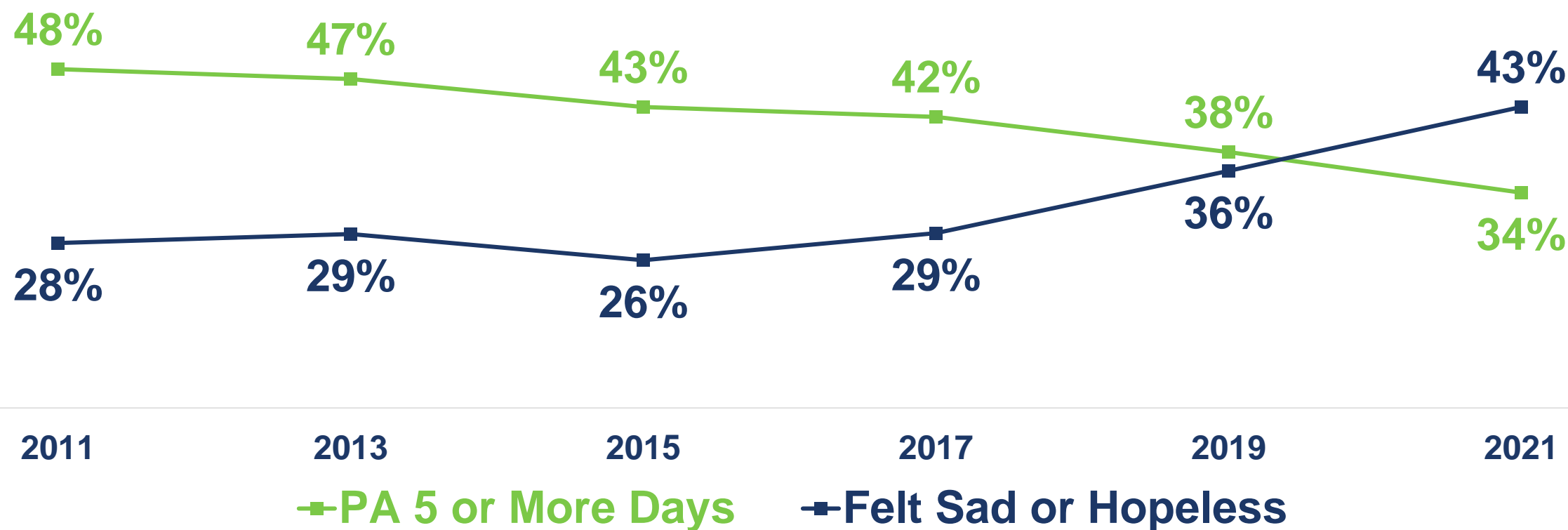


Demetrius Napolitano
Founder and CEO
Fostering Meditation, NY

Data Driven Decisions

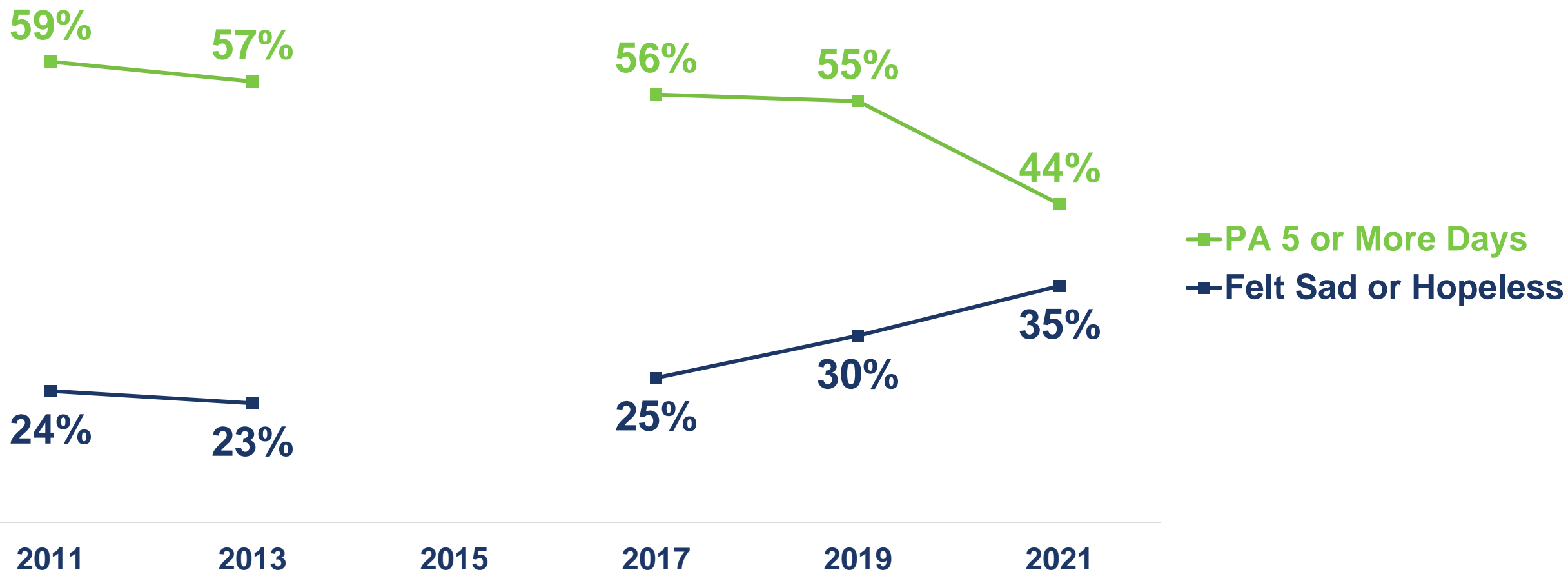


Physically Active 5 or More Days of Past 7 Days vs. Persistent Feelings of Sadness or Hopelessness Among NC High School Students, 2011-2021



North Carolina - YRBS, 2011-2021

Physically Active 5 or More Days of Past 7 Days vs. Persistent Feelings of Sadness or Hopelessness Among NC Middle School Students, 2011-2021



North Carolina - YRBS, 2011-2021

Healthy Active Children Policy

State Board of Education Policy (K-8)



- Requirements
 - 30 minutes of physical activity daily
 - Recess may not be withheld as punishment
 - Physical activity may not be used as punishment
 - Districts must maintain a School Health Advisory Council (SHAC)
 - Local Wellness Policy

Healthy Active Children Policy

State Board of Education Policy (K-8)

- Recommendations
 - 150 minutes of Physical Education with certified teacher weekly (K-5)
 - 225 minutes of Healthful Living with certified teacher weekly (6-8)



BJH Morning Announcements

Mindful Moment- *And now for our Mindful Moment:*

Lay both feet flat on the ground.

Sit comfortably.

Take some deep breaths.

Set your intentions for the day--let's make it a great day!

(After 45 seconds)--That concludes our Mindful Moment.

<https://vimeo.com/796722369>- (14.48)



<https://www.youtube.com/watch?v=TFTYjlf-OC8>



Bayless Health & Wellness

670 likes • 703 followers



[Bayless Health & Wellness | St. Louis MO | Facebook](#)



Missouri
Healthy
Schools

Mindful Minute - PE Classes



- Physical education teachers identified that students were feeling stressed.
- They implemented Mindful Minutes at the beginning of each hour of PE.
- They implemented mental wellness break for students during the day to breathe and slow down.
- They turn lights down, play peaceful music, and lay down.

1-2-3 Wellness™ Library

Wellness Practice Examples	Example Steps	Can Promote
Breathing Strategy	Breathe in through your nose and slowly exhale through your mouth. Try to make your out-breath longer than your in-breath. Repeat 3-5X. Other breathing exercises include: (alternate nostril breathing, 4-7-8 breath, etc.)	Calm Focus De-escalation
Sensory Activity	Use a sensory item like a stress ball as a positive outlet to keep you focused on success.	Focus Calm
Stretching or Yoga	Practice a stretch that works well for you. Examples: Arms up in the air, stretching side to side Touch toes, reach for the sky	Calm Focus Energy
Running in Place	Without disturbing your neighbor, move your legs up and down to run in place for 10 seconds.	Energy Calm
Use Humor	Crack a joke or look for the humor in a situation. You may just make yourself (and others) smile.	Energy De-escalation
Positive Affirmation	You can say an affirmation to yourself or write it down based on what you need. Examples: By taking care of myself, I create calm. I am OK just the way I am. I am safe right now.	Calm Self-Esteem Energy De-escalation
Clench and Release Muscles	Clench your fists tightly for five seconds. Then release your tension completely, relaxing your fists. Repeat with other muscles to create relaxation.	Calm De-escalation
Journal	Write your thoughts, feelings and/or experiences in your journal.	Calm Focus
Mindfulness	Calmly direct your attention to the present moment. Choose one focus such as your breath, what you hear or how your body feels. If your attention wanders, calmly bring your focus back without judgement.	Calm Focus
Visualization	Picture yourself in a place that makes you happy (your friend's house, the beach, your favorite place, etc.). Try to visualize the colors, hear the sounds and more. Draw upon that picture to bring what you need (calm, motivation, energy, etc.) into your day.	Calm Motivation Energy
Meditation	There are many forms of meditation that have no religious affiliation whatsoever. One example is a body scan. With a body scan, sit comfortably and simply bring your attention to the top of your head. Slowly move your attention down your body until you get to your feet and release any tension you feel during your body scan to enjoy the calm.	Calm Focus
Gratitude	Say or write down 3 things you are thankful for. Studies show that expressing gratitude/thankfulness can increase your happiness levels long term. You can choose this wellness practice anytime, including when you're already feeling happy in step 2 of 123 Wellness.	Calm Increase Happiness
Your Personal Wellness Practice	The ideas above are just examples. You are invited to research and choose a wellness practice that works for YOU. Enjoy and keep up the great work!	All

www.123wellness.org

16. Simple Movements



Key Points

- Moving your body regularly throughout the day can help you stay healthy, attuned and invigorated. (Hyde, 2012)
- While people are different, many people store tension in places like the back, shoulders and neck
- Simple movements can help us address tension & cultivate calm in the mind & body



Self-Care Question

Is there a form of exercise that you already do (or would like to start) as part of your schedule? Examples may include walking, stretching, lifting weights, playing a sport, yoga, hiking, etc.





Girls on the Run

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM



Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA



MISSOURI Legislation - Health, Physical Education, Physical Activity and RECESS



Healthful Living Standards Revision



Statewide Professional Development & Technical Assistance



Classroom Energizers

Classroom-based Physical Activities | The way teachers integrate physical activity with academic concepts

KINDERGARTEN - 5TH GRADE

CLASSROOM ENERGIZERS



Community & Clinical
CONNECTIONS
for Prevention & Health
Branch

PUBLIC SCHOOLS OF NORTH CAROLINA
State Board of Education
Department of Public Instruction

AFTER-SCHOOL ENERGIZERS

CLASSROOM-BASED PHYSICAL ACTIVITIES

Integrating physical activity with academic concepts



ENERGIZERS WERE
DEVELOPED BY



IN PARTNERSHIP
WITH



In partnership with:



Energizers were developed by:



Healthful Living Middle-School Energizers

Classroom-based Physical Activities

The way teachers integrate
physical activity with academic concepts



Whole School Whole Community Whole Child



Healthy Children Learn Better



Thank You!

Should you have any questions, please contact us at NCSSLE@air.org or 800-258-8413. We are happy to help!

NCSSLE Website

<https://safesupportivelearning.ed.gov>

Best Practices Clearinghouse



<https://bestpracticesclearinghouse.ed.gov/>

Next *Lessons from the Field* and Human Trafficking Series Webinars

- **April 19:** Forced Criminality in Human Trafficking
- **April 26:** Full-Service Community Schools
- **May 10:** SAMHSA's National Prevention Week
- **May 24:** Mental Health Awareness Month: What the data says and what works in schools



Feedback Form

**BEST PRACTICES
CLEARINGHOUSE**

[NCSSLE] 2023 - Lessons from the Field - Enhancing Student Nutrition and Physical Movement in America's Schools

Thank you for attending the webinar, *Enhancing Student Nutrition and Physical Movement in America's Schools*, on April 12, 2023. To best serve you, we would greatly appreciate receiving your feedback on the webinar.

1. Prior to the webinar, how knowledgeable were you about the webinar's topic?

☐ Not At All Knowledgeable

☐ Somewhat Knowledgeable

☐ Very Knowledgeable

2. Overall this webinar was a good use of my time.

☐ Strongly Disagree

☐ Somewhat Disagree

☐ Somewhat Agree

☐ Strongly Agree

3. This webinar improved my understanding of the covered topic.

☐ Strongly Disagree

☐ Somewhat Disagree

☐ Somewhat Agree

☐ Strongly Agree

https://www.surveymonkey.com/r/LFTF_Session40



BEST PRACTICES CLEARINGHOUSE



Live Q&A